



UCCOOK

Potato & Bell Pepper Chili

with macadamia yoghurt & fresh coriander

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Veggie: Serves 3 & 4

Chef: Samantha du Toit

Wine Pairing: Nitida | Pinot Noir

Nutritional Info

	Per 100g	Per Portion
Energy	338kJ	3308kJ
Energy	81kcal	791kcal
Protein	2.9g	28.5g
Carbs	14g	140g
of which sugars	2.6g	25.7g
Fibre	2.7g	26.1g
Fat	1.2g	11.4g
of which saturated	0.1g	1.5g
Sodium	104mg	1017mg

Allergens: Allium, Sulphites, Tree Nuts

Spice Level: Hot

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
750g	1kg	Potato Chunks <i>rinse & cut into small pieces</i>
30ml	40ml	NOMU Mexican Spice Blend
225ml	300ml	Quinoa <i>rinse</i>
3	4	Vegetable Stock Sachets
2	2	Onions <i>peel & roughly dice 1½ [2]</i>
2	2	Bell Peppers <i>rinse, deseed & cut 1½ [2] into bite-sized pieces</i>
2	2	Garlic Cloves <i>peel & grate</i>
3	4	Fresh Chillies <i>rinse, deseed & finely slice</i>
300ml	400ml	Tomato Passata
180g	240g	Red Kidney Beans <i>drain & rinse</i>
150ml	200ml	ButtaNutt Macadamia Nut Yoghurt
8g	10g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Sugar/Sweetener/Honey
Seasoning (salt & pepper)

1. **ROAST** Preheat the oven to 200°C. Spread the potato on a roasting tray. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

2. **FLUFFY QUINOA** Boil a full kettle. Place the quinoa in a pot with 600ml [800ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the tails have popped out, 12-15 minutes. Remove from the heat and drain (if necessary). Set aside to steam, about 5 minutes.

3. **POTATO CHILLI** Dilute the stock with 450ml [600ml] of boiling water. Place a pot over medium heat with a drizzle of oil. When hot, fry the onions and the pepper until soft but still crunchy, 5-6 minutes. Add the garlic and the chilli (to taste), and fry until fragrant, 1-2 minutes. Add the tomato passata and the diluted stock. Simmer until thickened, 12-15 minutes. In the final 5 minutes, add the kidney beans and leave to simmer until warmed through. Add a sweetener (to taste), seasoning, and mix in the roasted potato.

4. **JUST BEFORE SERVING** In a small bowl, combine the macadamia yoghurt, ½ the coriander, and seasoning.

5. **TIME TO EAT** Make a bed of the fluffy quinoa, top with the potato chilli, and dollop over the herbed yoghurt. Garnish with the remaining coriander. Great job, Chef!